



# NEWSLETTER

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17<sup>th</sup> May 2019

TERM 2 WEEK 3

## FROM THE PRINCIPAL

### Student Success

Congratulations to Milla Elaro (Yr. 9), who recently competed in the NSWCHS touch football tournament representing Sydney West. On and off the field, her coach was impressed with her values of respect, dedication and positivity. Milla was successful in being selected into the NSW CHS team, both at Under 15 and Open level, which is an outstanding accomplishment.



Cameron Murray of Year 11 recently competed in the National Junior Athletic Championships. Cameron competed in the Under 20 Para Discus and the Under 20 Para Javelin, achieving a Bronze medal in both events. Congratulations to Cameron on such an outstanding performance.

Phoebe Hendricks of Year 10 was recently awarded the Australian Scout Medallion. This is the highest award that can be achieved in the Scouts. It is considered the pinnacle of Scouting at this stage. To earn the Australian Scout Medallion a Scout must:

- Participate in a Scout Leadership Course at any time after completion of the Pioneer Badge;
- Demonstrate an active leadership role in Scouting;
- Achieve the Adventurer Cord

Well done Phoebe on an amazing achievement.



It was with great pleasure to learn that Indigo Kelly has been selected as a CHS member of the U'15 Netball team. Congratulations Indigo and best wishes for the All Schools trials later this month

Best wishes to Thomas Jackson (Yr. 9), who is playing in the Senior League Baseball National Championships in Lismore this month. If Thomas' team is successful, they will represent Australia at the Senior League World Series in the USA.

### **Adopt a farmer**

Australia wide, RuralAid ran an initiative for schools to 'Adopt a Farmer'. The aim is to assist farming families across Australia who are currently suffering through drought, fire and flood and who are in need of assistance. All funds raised through this initiative will be distributed to farmers registered through Rural Aid's support programs. On Wednesday 8 May, MFHS supported this initiative through gold coin donation to raise funds for such a worthy cause. Thank you to those students who donated on the day, with \$392.70 raised to support our rural families.

### **Supporting students and families**

Prior to going on leave, I attended a talk that discussed issues surrounding youth mental health and some of the problematic behaviours that can arise through the formative years. I will be including these in forthcoming newsletters to assist any families who may need direction in supporting their child's social development. In this newsletter, please find Headspace

information sheets on "Sleep and Gaming" and "Screen time". In following editions, I will include information on "staying active", "handling tough times" and "Effects of Alcohol and drugs". All of this material supports the ongoing services provided at the school through programs including WISE.

If reading any of these information sheets prompts further questions or a need for support, please use the contacts at the bottom of each sheet, or school personnel (Year Adviser, Assistant Year Adviser, Head Teacher Welfare) to assist.

Best wishes for the week ahead,

**Mark Grady**  
**Principal**

## FROM THE DEPUTY PRINCIPAL – MS PLEDGER

### Supervision before school

Parents are reminded that only minimal playground supervision is provided before school. From 8.10am there is supervision in the quad and between blocks 7 and 8. The library is also open available from 8.10am. There may be mornings when the library will be closed due to staff absences.

It is concerning to see some junior students arriving at school as early as 7.15am. Parents are requested that students DO NOT arrive at school this early as adequate duty of care cannot be guaranteed.

Senior students who have morning classes should not arrive before 7.30am and asked to go directly to their classroom.

### Track Suit Jackets

It has been brought to the P&C's attention that some of the jackets are ripping at the pocket seam. They are speaking to their supplier to alter the design to stop this from happening.

Encouraging your child not to put their hands in the pockets of the jacket will increase the longevity of the jacket. If you have a jacket that has ripped in an unacceptable amount of time, please return it to the uniform shop and Roz Noel will assess it for a replacement or refund.

### Issues with Social Media

Over the past few weeks we unfortunately have had a number of issues with students using Social Media sites inappropriately. The Kids HelpLine provides the following advice to help parents and their teenagers navigate the perils associated with social media use.

- Empower yourself and your child to take steps to stay safe
- Talk to them about things they can do to minimise the risks. Educate yourself about the steps you can take if things get out of hand or potentially dangerous
- Provide a clear expectation about their online behaviour
- Use strong passwords and update them regularly
- Encourage them not to share passwords with friends
- Teach them about the consequences of sharing something online
- Encourage them to connect only with people they know offline
- Keep identifying information to a minimum e.g. do not reveal their location
- Encourage them to talk with a trusted adult about online issues
- Contact Police immediately if you become aware of grooming on social media
- Change privacy settings so only friends and family can view their profiles and posts
- Be aware of what your child is doing online and who they talk with

[https://kidshelpline.com.au/parents/issues/social-media-and-safety?gclid=EAIaIQobChMI09rQI9mf4gIVS1uPCh3OPggrEAAYAiAAEgJVefD\\_BwE](https://kidshelpline.com.au/parents/issues/social-media-and-safety?gclid=EAIaIQobChMI09rQI9mf4gIVS1uPCh3OPggrEAAYAiAAEgJVefD_BwE)

### **Students with excessive phone use**

I happened to stumble on a website that I thought might be of interest to parents. Parents play an important role in teaching their children concepts of healthy digital media use and citizenship. I have provided the link below that has a template for parents to set up an age appropriate media use plan.

The purpose of the plan is to allow more time for face-to-face interaction, family, outdoor-play, exercise, unplugged downtime and sleep. All of these have been shown to be a very important part of a healthy lifestyle. I hope the following link might be useful for some:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

### **Uniform Reminder**

With the onset of cooler weather, students are reminded that they are required to wear school uniform jumpers. Students should not be wearing hoodies or any non-uniform items (see school website or student diaries for full details). If your child cannot be in uniform please ensure they have a note explaining this and remind them to report to their uniform Head Teacher (they will be located in the same staff room as their Year Adviser) to avoid being placed on detention.

### **2019 HSC Examination Timetable**

The 2019 HSC written examination timetable is now available via the link below. This includes important information about the 2019 HSC such as what exam equipment you can and can't take into the exam room (including approved calculators) and other exam advice and resources including past exam papers and specific advice about exams in various subjects. There are some great resources here for students and their parents:

<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/hsc/key-dates-exam-timetables/hsc-written-exam-timetable>

Students can also view their personalised timetables via Students Online: <https://studentsonline.nesa.nsw.edu.au/>. Students are encouraged to log in to their accounts to check their individual timetables and confirm that their personal details are correct. Address, email and phone number can be updated in the personal details section.

**Have a wonderful week,**

**Jennifer Pledger**  
**Deputy Principal**

## FROM THE DEPUTY PRINCIPAL – Mrs KENNON

Welcome to Term 2 - often a very busy term with many assessments, exams and activities to look forward to. It is important, therefore to be organised. All students have an assessment calendar. They need to ensure due dates are met and plan ahead to enable adequate time is spent on the task so that it is a true reflection of the student's ability. Leaving assignments until the night before is never a good option. It results in rushed, substandard work.

A number of Year 11 students have received N award warning letters. These need to be addressed immediately. Trying to catch up as well as keep up with new tasks is very difficult. Often N awards are the result of poor time management. Students are encouraged to seek help from their classroom teacher well before a task is due or speak to their Year Adviser if they need some assistance with managing their workload.

### **Uniform**

Although we have started the term with some mild weather, *'winter is coming!'*. I remind everyone again to be prepared for the colder days and check that you have your uniform requirements ready. It has been wonderful to see the Year 11 boys proudly wearing their ties.

### **Naplan**

Year 7 and 9 have successfully completed their Naplan tests this week. Behaviour of all students throughout the tests was excellent. They were well-prepared, organised and their co-operation contributed to the smooth running of the test. There is a lot of preparation involved in administering these tests and I would like to thank all the teachers and office staff involved for the great work they have done.

### **Students and Sick Bay**

If a student becomes ill during the day and needs to go home, the school will ring the parents. Students are not to use their mobile phone to call home and bypass sick bay. If your child contacts you directly about going home sick, please tell them to go to the sick bay and the school will make contact. This is a safety issue and we ask all families to respect the school policy of students not using their mobile phone whilst at school. If a student needs to contact their parents during the day they are to come to the front office and arrangements will be made for the student to use a phone.

Have a good week,

**Ms Kennon**  
**Deputy Principal**



## TERM 2

### WEEK 4

Monday 20<sup>th</sup> May

Primary Links

Yr 8 FRE2 and 8FRE4 Speaking and Writing Task

Yr 7 Science Practical Test

Tues 21<sup>st</sup> May

Yr 8 FRE1 and 8FRE3 Speaking and Writing Task

Yrs 7 and 8 meeting (after assembly)

Yr 10 Food Technology Half Yearly Exam

Climbing Out-Breaking Free 2 Be Me

Yr 7 Cyber Busters Performance

Wed 22<sup>nd</sup> May

Yr 9 PASS in class test

Thur 23<sup>rd</sup> May

Yr 9 PASS in class test

Yr 8 Maths Half Yearly Exam

Yr 9 Dance Appreciation

Yr 11 Visual Arts B.O.W. Case Study 1 + Essay

Model Mathematician

Yr 10 Agriculture Half Yearly

Yr 9 Co-ordination Test

Eels Cup Gala Day

Knockout Boys Soccer

Fri 24<sup>th</sup> May

Yr 11 Physics Practical Investigation and Test

8J1 Profile and Japanese Dialogue Task

8J2 Profile and Japanese Dialogue Task

Yr 9 Co-ordination Test

### WEEK 5

Monday 27<sup>th</sup> May

Maths Half Yearly Exam

Primary Links

Yr 12 Drama Excursion

8J3 Profile and Japanese Dialogue Task

Yr 12 PDHPE Big Day Out

Tues 28<sup>th</sup> May

School Athletics Carnival

Wed 29<sup>th</sup> May

Yr 9 Science Disease Topic Assignment

Yr 10 Science Half Yearly

Thursday 30<sup>th</sup> May

Yr 9 Maths Half Yearly Exam

Yr 9 History Semester Exam – World War One

Yr 11 My Digital Thumbprint

7N,U,R,I,H History Semester Examination

Yr 10 Science Half Yearly

Friday 31<sup>st</sup> May

Yr 11 Elevate Study Skills Session

Yr 9 History Semester Exam

Pink Day – In support of breast cancer

7O and 7S History Semester Exam

Yr 10 Japanese Task 2

Yr 8 Science Body Systems Test

## FROM THE ENGLISH/DRAMA FACULTY

Congratulations to the following students who have received a faculty merit for their efforts and achievements

### **Year 7**

Emily J

### **Year 8**

Chelsea K

### **Year 9**

Luke K

Dian S

### **Year 12**

Angellina S

**Year 7** received their Narrative Assessment with feedback from the markers. Additionally, in preparation for NAPLAN they have reviewed the exposition form and completed practice papers to ensure that they are ready for the tests. Classes will then move on to their novel study for Term 2, which are as follows:

7EN 'Once' by Morris Gleitzman

7EO 'Blueback' by Tim Winton

7EU 'Hitler's Daughter' by Jackie French

7ER 'Blueback' by Tim Winton

7EI 'No Gun for Asmir' by Christobel Mattingley

7ES 'Half a World Away' by Cynthia Kadohata

7EH 'Rhyming Boy' by Steven Herrick

**Year 8** are embarking on their concept study titled 'Hero or Villain?' with a focus on non-fiction texts. We've opened up discussion by sharing our views of what makes someone heroic or villainous and what we consider to be acts of bravery. Students also have their Reading & Language Assessment in Week 4. Parents and caregivers will be thrilled to know that they rated highly as the students' heroes.

**Year 9 English** have been busy preparing for the NAPLAN tests, especially using their Narrative feedback to hone in on their creative writing skills. They'll also be completing a novel study with the goal of writing an analytical essay at the end of the term.

9ES 'To Kill a Mockingbird' by Harper Lee

9EC 'Ganglands' by Maureen McCarthy

9EA 'The Giver' by Lois Lowry

9EM 'Looking for Alibrandi' by Melina Marchetta

9EK 'The Boy in the Striped Pyjamas' by John Boyne

9EL 'The Dons' by Archimede Fusillo

9EP 'The Hunger Games' by Suzanne Collins



**Year 10 Drama** students have completed their Monologue Tasks which were fantastic! Some faced their fears by performing on their own – well done.

**Year 10 English** are beginning a unit called 'Stories on the Stage' with a class play as the key text. They will then complete a visual representation with a written component as their assessment for the term. While reading their play, students are encouraged to think about the main themes and how dramatic devices bring the story to life for audiences.

At the end of last term, students of 10EE engaged in some poetry writing. Below are some samples.

A poem by Ashlea M based on our study of 'Lord of the Flies' by William Golding.

*I thought I might kill.  
Innocence so far lost.  
What once would be boys  
in the darkness of what once was.*

*A panoramic display  
as the human experience is shown.  
For Ralph, Jack and Piggy,  
it's an endless fight to an apparent throne.  
Although none may win,  
some even left dead,  
the essence of human nature  
requires victory.  
Even once familiar blood is shed.*

*So why, one must ask, are adults  
viewed corrupt instead?  
It's the oblivion of their acts, as it's  
"all in their heads".  
Maybe we must be saved,  
saved from ourselves.  
As if there is a beast, it's us,  
blinded by our wealth.*

A poem by Ella B on her impressions of a book.

*A Book.  
Open but blank.  
Unknown to the bleed of ink.  
A Book  
now flooding with words,  
exploring a foreign concept.  
A Book,  
its pages filled front to back,  
purposeful,  
useful to those who  
indulge in its wisdom.  
A Book,  
with pages tattooed all over,  
painful,  
treacherous to the eyes  
that read it.*

**Year 11 Advanced and Standard** recently received their Reading to Write Portfolio results. Students are strongly encouraged to carefully review the feedback and seriously reflect upon their skills in the various text types that were submitted. It was clear that closer editing was needed so, particularly for hand-in assessments, students must ensure that they submit polished pieces of work. The classes are now moving into their first Preliminary Module: the Standard cohort is examining the concept of Contemporary Possibilities, while Advanced students are embarking on a study of Shakespeare's 'Othello' in comparison to the film 'O' directed by Tim Blake Nelson.

**Year 11 English Studies** are reading the novel 'Swerve' by Phillip Gwynne, as well as building skills in travel writing. They are also preparing for their assessment on travel planning and its practicalities.

**Year 12 Advanced and Standard classes** are beginning their final HSC Module. Standard students are doing a Close Study of Literature with Peter Weir's film 'The Truman Show' and the Advanced class is having a look at persuasive speeches for the Craft of Writing Module, as well as reading the play 'The Doll's House' by Henrik Ibsen.

**Year 12 English Studies** are working on the 'Landscapes of the Mind' module with a focus on different types of art and their impact on society. They recently completed a case study on the street artist "Banksy" and in the coming weeks will begin a close study of the play 'Jasper Jones'.

**Year 12 English Extension 1** students are examining the film 'Metropolis' directed by Fritz Lang and researching texts for their analytical responses in Week 7. The **Extension 2** girls are steadily working through their Major Work & Reflection Statement drafts, preparing for the next checkpoint.

### **Year 12 Drama:**

Co-Lab Drama Workshop  
By Amy B-T

On the 1st of May this term, the Year 12 drama class had the opportunity to attend the Co-Lab Group Performance Workshop at Penrith High School. This workshop aimed to assist students in building strong characters and performances for their group assessment, which is marked as part of their Major Work for the HSC.

This day comprised of two workshops; the first was run by Naree Shields who led the students in a series of character and performance techniques, such as holding strong characters and how physicality can be used to enhance a performance. The second workshop was run by Frankie from Zen Zen Zo Physical Theatre Company, who assisted students in understanding the importance of proxemics and physical theatre in creating meaningful character relationships.

The Year 12s were able to work with students from Model Farms and students from other schools. This day was both beneficial and insightful, and assisted students in beginning to develop ideas for their group performance. They will attend a second workshop later this month, where they will participate in a third workshop before presenting their group performances to their peers for constructive criticism surrounding the elements discussed throughout the workshops.

## FROM THE MATHEMATICS FACULTY

### **From The Faculty That Counts!**

Congratulations to the following Maths merit recipients:

Year 7: Aditi P, Lachlan W

Year 9: Diya M, Aliza W

Year 11: Amy B, Akaaish S

Year 12: Angelina S, Nikita B

### **This Week's News:**

Welcome back to Term 2. The start of Term 2 is always busy with Half Yearly Examinations as well as NAPLAN.

### **NAPLAN**

Years 7 and 9 completed the NAPLAN examinations for 2019 in Week 3. As always we look forward to receiving the results and will use the data to further improve student outcomes.

### **Mid-Year Review:**

Year 11 students have completed this assessment in weeks 2 and 3.

### **Half Yearly Exams:**

Years 10 and 12 have completed their Half Yearly Examinations.

If your child is not able to attend school on the day of their Half Yearly Examination, you will need to refer to the assessment booklet for your child's year to determine how to apply for a 'Misadventure Form'. If your child is ill, a doctor's certificate will be required.

Please make sure that your child has the correct equipment for their exams (it will be listed in the assessment task notification) as students are not allowed to share equipment in examinations.

<b><i>Year</i></b>	<b><i>Date of Examination</i></b>
7	Friday 31 <sup>st</sup> May 2019
8	Thursday 23 <sup>rd</sup> May 2019
9	Thursday 30 <sup>th</sup> May 2019

### **The Model Mathematician**

Model Mathematician is a competition where three Year 5 representatives from each of our 'feeder' primary schools come to Model Farms High School to complete mathematical investigations in teams with our Year 9 helpers.

The first round of 'The Model Mathematician' was held in Week 2 of Term 2. It was great to see how the teams worked so well. We would like to thank all of our wonderful Year 9 helpers who did a great job of mentoring the primary school students. On to round 2 in Week 4! May the best team win!

### **World of Maths**

World of Maths was held on 4<sup>th</sup> April 2019. Year 7 students had a wonderful experience of hands on Mathematics. They were encouraged to use higher order thinking strategies to solve a broad range of questions. Thank you to Mr Kabbara for his organisation for this very important incursion.

### **What happens if my child is absent for an examination or won't be at school to submit an assignment?**

An appeals form must be completed. See the Assessment Booklet for your child's year to find the details.

<b><i>Year</i></b>	<b><i>Students will need to get an appeals form from</i></b>
7 and 8	<ul style="list-style-type: none"><li>• Their class teacher</li></ul>
9 and 10	<ul style="list-style-type: none"><li>• The Head Teacher Maths, Ms Lumley</li></ul>
11 and 12	<ul style="list-style-type: none"><li>• The Deputy Principal responsible for their year</li></ul>

For Years 11 and 12, absence due to illness will require a Doctor's Certificate as evidence and should be attached to the submitted Appeals Form. Students who will be absent when a written assignment is due, must submit the task prior to taking approved leave. See the Assessment Procedures booklet for your child's year to find the details.

### **Years 11 and 12 Summary Books:**

Just a reminder that for Year 11 their second submission for review is due in week 7.

For Year 12 (excluding Mathematics Standard 1), summary books are DUE for final submission and assessment, also in week 7.

Mathematics Standard 1 assignment is due in week 9.

Notifications for these will be handed out in week 5.

#### **Calculators:**

Please make sure that all students have their own calculator. The Casio fx-82AU PLUS II is sold at the uniform shop for \$35. Different brands of scientific calculators have different layouts and it is important that everyone in a class has the same calculator. Students need this calculator from Year 7. It is vital for their progress that students are familiar with their calculator and know how to use the different functions.

**Have a Mathematical week,  
From Kellie Lumley and the  
Maths Faculty Staff**

## FROM THE SCIENCE AND AGRICULTURE FACULTY

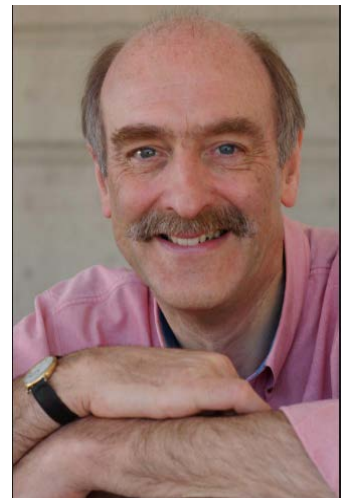
Thank you to the generosity of the P&C and the organisation of Mrs Manson, students from Model Farms will have the privilege of listening and interacting with a renowned Australian astronomer Professor **Fred Watson** on the 4<sup>th</sup> of June.

Professor Fred Watson is in charge and head of lighting and environment at the Australian Astronomical Observatory, a division of the Commonwealth Department of Industry and Science, which operates the Anglo-Australian and UK Schmidt telescopes.

Professor Watson's background is in observational astronomy, photonics, spectroscopy and instrumentation with research interests in large-scale spectroscopic surveys. He was the project manager for the Radial velocity experiment (RAVE), measuring the radial velocities and metallicities of up to 1 million stars in the Milky Way Galaxy and was active in developing instrumentation for this project by developing robotic wide-field fibre-optics systems for the 1.2 m UK Schmidt Telescope and the 4.2 m William Herschel

Very interesting, but summarised facts about Professor Fred Watson:

- In 2003, received the David Allen Prize for communicating astronomy to the public.
- 2006 was the winner of the Australian Government Eureka Prize for Promoting Understanding of Science.
- In January 2010, was made a Member of the Order of Australia for service to astronomy, particularly the promotion and popularisation of space science through public outreach.
- Has an asteroid named after him (5691 Fredwatson), but says that if it hits the Earth, it won't be his fault
- In January 2013, Fred launched his book **"Star-Craving Mad, Tales from a Travelling Astronomer"** featuring many highlights from his recent journeys around the world, exploring points of astronomical interest.
- Is an adjunct professor, Honorary Fellow, Honorary Professor in numerous Australian Universities
- Board Member and Chair of various committees
- Is well-known for his astronomy slots on ABC radio
- Books include **"Stargazer - the Life and Times of the Telescope"**, **"Why is Uranus Upside Down? and Other Questions About the Universe"**, (which won the 2008 Queensland Premier's Literary Prize for Science Writing)
- ABC's blockbuster, **"Universe"**, for which he was chief consultant.



Professor Fred Watson  
You can find out more about  
Professor Watson from his site:  
<http://www.fredwatson.com.au/>

## **General**

Year 10

Have a half Yearly Exam on the 29th and 30th of May.

Year 9

Coordination and Reproduction test on the 23rd or 24th of May and Assignment on Diseases on the 29th of May.

Year 8

Skills test on the 17th of May and topic test on Body Systems on the 31th of May.

Year 7

Practical test on the 20th of May and What's the Matter topic test on week 6.

**From the Science Faculty**



## **CASTLE HILL AGRICULTURE EXPO**

Agriculture students represented the School at the Castle Hill Agricultural Expo, formally the Castle Hill Show, late last term. The day was a success with students exhibiting the School's Suffolk sheep and coming away with a number of ribbons, including first place. The Sheep Stewards commended the students on the excellent presentation of the Sheep.

Model Farms students participated in the sheep judging along with over 50 other students from Schools around Sydney. Year 10 student Lucas' skills in sheep assessment were outstanding and he won placement in the final. Displaying the results of his hard work amidst tough competition.

Students also performed strongly in the Cattle judging, with two Year 10 students, Casey and Claire, winning places in the cattle judging final and narrowly missing out on a place as a junior judge at Sydney Royal Easter Show.

The School's poultry also came away with three first place ribbons and a second place ribbon and was a result of the student's preparation of the birds.

### **Sydney Royal Easter Show**



Agriculture students entered Poultry in the Sydney Royal Easter Show and competed against High Schools across NSW. Unfortunately our poultry did not place at Sydney Royal, however Year 9 students should be commended for the fine presentation of their poultry.

### **HSC Agriculture Seminar**

Recently Year 12 Agriculture students attended a Seminar on the HSC Agriculture course, at Barker College. This was an interesting and informative day as speakers from the Cotton Industry, NSW Department of Agriculture and researchers from Sydney University discussed current issues relevant to the HSC Course.



**1 Lucas exhibiting Electra in the 'Lamb' class.**



**2 Casey presenting Sparky for Best Ram in Show**



**3 Claire presenting her assessment of the Cattle in Senior Cattle Judging**

## FROM THE PDHPE FACULTY

**House Sport** has been organised into teams according to their house and year groups to compete in an inter-house, round robin sport. Students will have the opportunity to play different sports as opposed to playing the same sport for 10 to 20 weeks. **They will rotate from netball - soccer – touch football – volleyball.**

Students who may have missed on a grade sport will now still have the opportunity to play competitive sport. Each week, as a house group, students will verse another house group. They will play 3 games (obtaining a best-of-three score) to determine a winner for that week.

Each week as teams verse others in the competition, scores will be rewarded with points for winning houses.

So far this sport has been a great success with competitive games, enthusiastic staff and students and a sense of fun and great sportsmanship.  
(photographs provided by communications team)





## **SPORT REPORT**

### **HILLS ZONE CROSS COUNTRY**

Good luck to the following Model Farmers who will be representing the Hill Zone at the Sydney West Carnival on Wednesday 12<sup>th</sup> June at Eastern Creek:

12 yrs: Amber L & Emma B  
13 yrs: Josh E, Thomas M & Esther H  
14 yrs: Luke M, Ben P, Jake C, Liam D, Melissa B & Kirsten H  
15 yrs: Grace P, Lily W & Nicole B  
16 yrs: Ben M, Jack M, Jack M, Ben M & Ryan M  
17 yrs: Stephanie H

### **HOUSE SPORT**

Fantastic job Model Farms! Our new House Sport competition is proving to be fun, inclusive and great physical activity for more than 140 students. During terms 2 & 3, the four Houses are competing in Netball, Volleyball, Soccer and Touch Football. Week 4 will be our first final for House supremacy before the teams move on to their next sport.

Peel is currently sitting in fourth place with 135 points, Chisholm in third place with 165 points and Thompson and Wentworth in equal first place on 195 points. At the conclusion of the finals week we should have a winning House for our first round. Good luck to all teams!

A great job from our new Sport Leaders: Jalyssa C, Jake F and Zoe E.

### **SPORT LEADERSHIP**

This term, we have created a new leadership role. Sport Leadership is a role for Year 12 students who assist with our House Sport competition by umpiring/refereeing Netball, Volleyball, Soccer or Touch Football. Students who are interested in taking on this responsibility should see the Sport Coordinators.

Think about enhancing your School Reference and CV.

### **GRADE SPORT**

Well done to all students who were successful in getting a place in our Grade Sport Teams. Please check the noticeboards each week to see if you are required to travel away from school and a reminder that if students travel, they require a 5-day or 10-day bus pass. These can be purchased through the office payment window or online. Our Grade Sport teams have had some great success so far this year.

### **SCHOOL ATHLETICS CARNIVAL**

The annual Model Farms HS Athletics Carnival is to be held at the SOPAC Competition track in Week 5 on Tuesday 28<sup>th</sup> May. Permission notes are due to Roll Call teachers who have lists of students still needing to return them. Come supporting your House. Hopefully we'll have beautiful weather on the day.

### **AWESOME SPORTS PEOPLE**

Congratulations to the fabulous sports people who represent Model Farms in sporting events at various levels including Hills Zone, Sydney West, and Combined High Schools.

Martha F, Indigo K, Milla E, and Grace P are just to name a few (#GIRL POWER). Well done on your outstanding efforts. We love hearing your success stories, please keep sharing them with us.

### **WOOLWORTHS EARN AND LEARN PROGRAM**



Model Farms are collecting the Woolworths Earn and Learn Stickers. This year we are running a House competition where students can place their stickers into their House box outside of room 5G1. Any students who complete a full sticker booklet should bring this to the PE staffroom for a House merit. Congratulations and thank you to Roderick S in year 10 who is the first student to contribute a full sticker booklet.

If you shop at Woolworths, this is a great way for our school to gain equipment for our students to use. The stickers can also be placed in the box at Winston Hills Woolworths that is allocated to Model Farms.

The current sticker tally (as of Wednesday 15<sup>th</sup> May) is... staff on 154, Thompson on 101, Peel on 133, Wentworth on 169 and Chisolm in the lead on 294.

Keep those stickers coming in!

### **RECREATIONAL SPORT**

We endeavour to have a variety of Recreational Sports available to our students for Wednesday afternoon sport. They range from off-site, which require a bus pass and entry fee, local activities which students can walk to with their teacher and some at school with little or no fee. We encourage students to select a sport they are happy to engage in every week. Please be reminded that if students travel, they require a 5-day or 10-day bus pass. These can be purchased through the office payment window or online.



# MODEL FARMS HIGH SCHOOL

GRADE	Vs Northmead	Seniors Away	Round 3 22/ 5 /19	
SPORT	VENUE	ROOM	STAFF	HT
<b>BOYS GRADE</b>				
Open Soccer A	Northmead High	8G4	Puleo	JB2
15's Soccer A/B	Max Ruddock	7U4	Jimenez	JB2
Open Volleyball A/B	Training no game	6GL2	Edwards	FH
Open's OzTag A/B	Redbank Oval	7U5	Luttringer	SB
15's Rugby League	Torry Burns	5U6	Brown	JB1
<b>GIRLS GRADE</b>				
Open Soccer	Northmead High	7U2	Keen	JC
15's Soccer	Max Ruddock	6UL2	Villagran	FH
Open Basketball A/B	Northmead High	8UCR5	Wood	DD
Open Touch A/B	Northmead High	5U4	Jones	JB1
15's Touch A/B	Training no game	8G1	Rickett	KL
<b>MIXED GRADE</b>				
Open Hockey	Doyle Park	6GL1	Burnand	FH
Open Frisbee	Doyle Park	3UM1	Gregory	JM

## REC SPORT – TERM 2 Weeks 1 – 4

SPORT	VENUE	ROOM / MEET	STAFF	HT
Rock Climbing \$7.50 + bus	The Edge Castle Hill	SCHOOL BUS BAY 3G3	Toovey	FH
Bowling \$7.00 + bus	AMF Castle Hill	SCHOOL BUS BAY 6UL1	Cole + Sujeevan	SB
Flipout \$8 + bus	Castle Hill	SCHOOL BUS BAY 3G3	Gardner + Nguyen	JM

Anytime Fitness \$5 (16yrs +)	Winston Hills	7G3	Moore + P.Singh	JE
Tennis Olympus \$5	Winston Hills	8G2	Walsh + Blockley	SB
Boot Camp \$7	Gooden	8U3	M Dawson + D'Souza	MC
Cheer \$8	MFHS	Dance Space	Munro	JC
Table Tennis	MFHS	TLC	Tsaoucis	JB2
Theatre sports	MFHS	3UDR4	Merton-Simon	JC
Yoga	MFHS	5U2 & 5U3	Wawrzyniak	TN
Communications	MFHS	7U7	Letherbarrow	VL

## HOUSE SPORT COMPETITION – FINALS ROUND

This week:

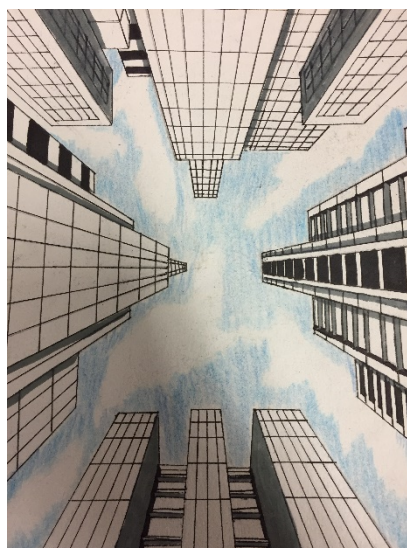
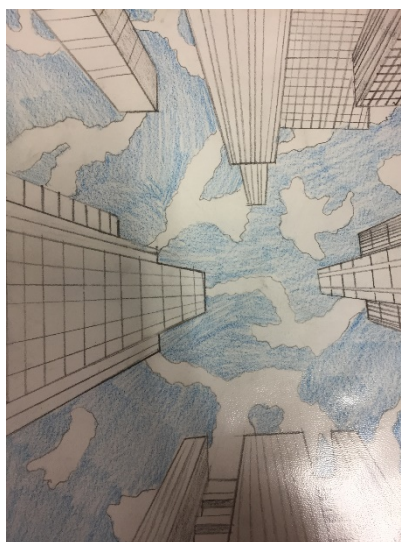
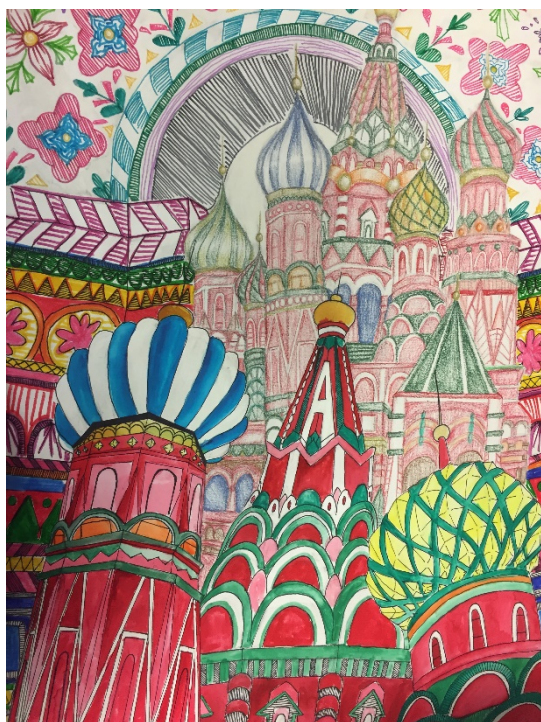
<p>GROUP 1</p> <p>1<sup>st</sup> and 2<sup>nd</sup> – Chisholm V Wentworth</p> <p>3<sup>rd</sup> and 4<sup>th</sup> – Peel V Thompson</p>	<p>GROUP 2</p> <p>1<sup>st</sup> and 2<sup>nd</sup> – Thompson V Wentworth</p> <p>3<sup>rd</sup> and 4<sup>th</sup> – Chisholm V Peel</p>
<p>GROUP 3</p> <p>1<sup>st</sup> and 2<sup>nd</sup> – Thompson V ???</p> <p>3<sup>rd</sup> and 4<sup>th</sup> – Wentworth V ???</p>	<p>GROUP 4</p> <p>1<sup>st</sup> and 2<sup>nd</sup> – Peel V Wentworth</p> <p>3<sup>rd</sup> and 4<sup>th</sup> – Chisholm V Thompson</p>

Group 1	House Sport Chisholm	Soccer	7G5	Colefax	Flyght	JE
	House Sport Peel		7G6	Venhuizen		
	House Sport Thompson					
	House Sport Wentworth					
Group 2	House Sport Chisholm	Touch	7U1	Joyce	Heyward	MC
	House Sport Peel		7U6	Papas		
	House Sport Thompson					
	House Sport Wentworth					
Group 3	House Sport Chisholm	Netball	4GL1	Greer	Vella	JM
	House Sport Peel		4GL2	Sabel		
	House Sport Thompson					
	House Sport Wentworth					
Group 4	House Sport Chisholm	Volleyball	8U2	Forrest	Ayden	JB1
	House Sport Peel		8U7	Snell		
	House Sport Thompson					
	House Sport Wentworth					
Rec Walking		Local Area		Manson		KL
			Year 8 – 8G3	Murdocca		
			Year 9 - 5U1	Myers		
			Year 10 – 8U1	Owen		
			Year 11 – 7U3	Tiedemann		
NON SPORT		School	5G1	Phegan		DD
SPORT DETENTION		School	5U7	John Medina		DD



## CREATIVE AND PERFORMING ARTS FACULTY

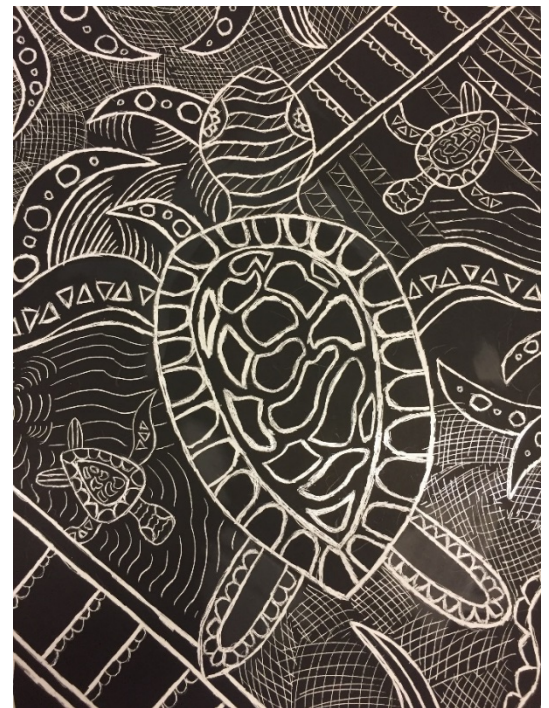
Students of Visual arts are working on a range of tasks. Year 9 have been developing drawing skills and applying this knowledge to large architectural mixed media artworks.



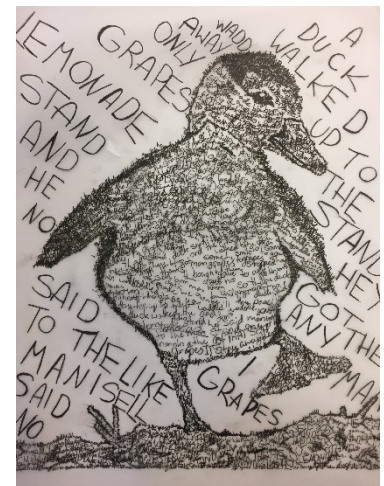
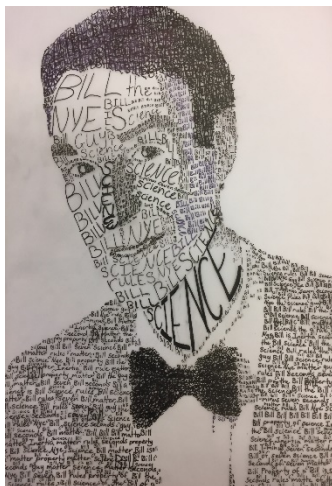




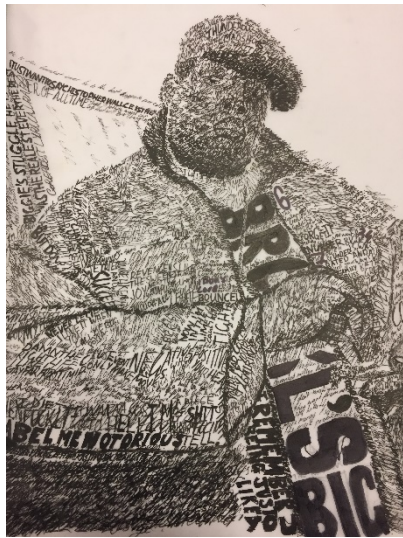
Some Year 8 have done some extension work using scratch board and based on some aboriginal and animal drawings.



Students of Visual Design are working Calligrams – illustrations based on text, usually a poem. These Calligrams are based on song lyrics and the image is related to the music. From the original illustration, a package of CD cover, poster, ticket and merchandise is developed digitally







Music students continue to be heard around the school. A recent performance at an assembly for year 12 students.

The JAZZ band had another successful gig at Dural during the school holidays.



The Dance Off! Camp is a 4-day/3-night camp which is an amazing experience for Dance students. It was held in Term 1 for dance students all around Sydney to apply for and participate in. Professionally trained dancers teach the students and the classes are usually a warm-up, corner exercises and a dance routine. Taking part in this camp really helps to develop you as a dancer. I came away from this experience having learnt many different styles of dance, learning new choreographies and meeting new people and choreographers.



Lorelei H. (Year 9 Dance Elective)

### **Year 12 Dance:**

Core Performance – completed and rehearsing at least once each week.

Core Composition - completed and rehearsing at least once each week with the dancer.

Major Study – should be at least 2 minutes complete. Being assessed as a WIP throughout week 8.

Core Appreciation – started both prescribed works. Being assessed in week 7.

### **Year 11 Dance:**

Performance – class dance completed in preparation for FAME.

Composition – assessment completed.

Appreciation – “Ochres” in progress.

### **Year 10 Dance:**

Performance – class dance “The Coven” being prepared for FAME. Students should have their costumes ready by week 6. Refer to Google Classroom for details. Filmed in week 6 for CTA Festival audition Assessment in week 8.

Composition – assessment during week 7 via video upload.

Appreciation – “Rooster” in progress.

### **Year 9 Dance:**

Performance – class dance “Homeless” being completed in preparation for FAME. Students should have their costumes ready by week 7. Filmed in week 6 for CTA Festival audition. Assessed in week 8.

Composition – “Time” in progress.

Appreciation – “Dance and Film” in progress. Choreographer report and analysis “Jiri Kylian” due end of week 4.

### **Year 7 & 8 dance Groups**

These groups have been working hard on their dances for FAME. Well done girls, they are looking great. Your Dance Leaders will discuss simple costumes with you. Look forward to seeing these completed.

# how to balance screen time

## (for a healthy headspace)

The Internet has changed the way we work, socialise and relax, with a lot of these activities now happening online. It has added a lot of value to our lives.

Gaming can be a positive and enjoyable pastime. It can help us connect with others, feel socially included and improve our self-esteem. Healthy gaming can bring structure and routine into our lives and give us some beneficial downtime, relaxation and fun.

The research is unclear how much screen time is too much. What is clear however, is that it is important to keep a healthy balance of online and offline activities in our lives.

Not all screen time is the same. Screens and devices have become essential for us to do our work, and can be excellent learning devices. We can use them to connect with others, get support, master new skills, relax and have fun. Some online activities help us learn and be productive, whilst others provide downtime and enjoyment. However, there are other online activities that are less productive or maybe unhealthy, for example distressing violent games or if the content you are watching is not making you feel good. So not all screen time is equally valuable.

### signs that your screen time is becoming unhealthy

It is important to think about the impact that your screen time is having on your life in each of these areas below.

- **Exercise:** Research has linked screen time with an increased amount of sedentary behaviour in children and teens, and we know that being active is good for our physical and mental health. Are you still making time to move? Play sport or be more active?
- **Sleep:** Is VERY important. If you are gaming when you would normally be sleeping you might need to turn off a little earlier or move your device out of your bedroom. Most young people need between 8 and 10 hours of sleep per night to be at their best, both physically and mentally.
- **Social time:** Being connected to others helps us feel good. We can connect with others online but it is important to see people we care about too. Are you making time to regularly meet up with friends and family?
- **Variety of activities:** are you keeping up with your school tasks and work? Are you doing a variety of other activities that you enjoy like reading, music or other hobbies? Do you make time to stop and eat well? Don't let other activities slip off the radar, they are important for you too.
- **Conflict, irritability and stress:** If you are getting into conflict with others about your gaming or are feeling irritable, sad or tense when you game or can't game, it might be time to think about the balance of screen time in your day.
- **Money:** are you spending more money than you can afford on new games or in-game purchases? This can become a problem for some people too.

## supporting yourself and getting help

The amount of time you spend on your screen can sneak up without you realising it. What can you do if your screen time has gotten out of balance?



Get other activities done first before you relax online. For example do some exercise, get your homework and chores done, walk the dog and spend time with your family before turning on your device. Treat it as a reward.



Decide in advance how much time you want to spend online, then set a timer to help you stay within that time limit.



Schedule in some 'no screen times' during your day. Set up times to 'unplug'.



Make mealtimes screen free.



Make sure you have offline hobbies and interests that you enjoy regularly, like seeing friends or playing sport.



Exercise while you game, by getting up and moving regularly. Doing some simple stretches can really help.



Work out how much sleep you are getting? Sleep should be a priority, as it is important for our physical and mental health.



Charge your devices outside of your room or perhaps don't have them in your bedroom at all. It will reduce the temptation to be online instead of sleeping.

If you find that your relationships, mood, school performance or work are being impacted by your continued or increased gaming use, then it might be useful to talk with someone you trust like a parent, teacher, school counsellor, family member or friend. A general practitioner (GP) is another good place to start when seeking help and information. You can also contact **headspace**, your local **headspace** centre, or Kids Help Line. If you wanted to talk to somebody about your internet and gaming use.



With the right support, most people are able to get back to enjoying the benefits that gaming and internet use can contribute to their lives.



### Where can I get help

If you or someone you know is going through a tough time you can get help and support from [headspace.org.au](https://headspace.org.au), your school or university wellbeing service or your local health provider.



If you or someone you know is going through a tough time you can get help and support from **headspace**, your school or university wellbeing service or your local health provider. For more information, to find your nearest **headspace** centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or suicide Call Back service on 1300 659 467.

The headspace clinical research group uses approved life clinics resources. Fact sheets are for general information only, they are not intended to be used as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that the information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use or reliance upon the information. 10 April 2019

headspace reduces youth suicide suicide prevention is across by the national government department of health







Sleep is important for our physical and mental health. Although it varies from person to person, if you're aged between 12–17 years, you should be aiming for 8 to 10 hours sleep per night and 18–25 year olds should try to get 7 to 9 hours.

Gaming and internet use can be a positive and enjoyable pastime. It can connect us with others, help us feel more socially included and improve our self-esteem. Healthy gaming can bring structure and routine into our lives as well as provide some beneficial downtime, relaxation and fun, which is all good for our mental health.

However for some people, gaming and screen time can get in the way of having a good night's sleep, which can lead to other problems.

#### What happens if we don't get enough sleep?

Trouble sleeping sets the stage for many problems. When we are not getting enough sleep it is harder to manage the stress in our lives, to keep anxiety in check and it can impact our mood. We will have less energy, be more irritable and even have poorer physical health.

Sleep gives us time for our brain to process all that we have done and learned during the day, so it's important for our development and concentration too.

If you are online when you would normally be sleeping, it may be time to start reducing your screen use. Not only does too much screen time take away precious sleep, but using technology before bedtime makes it harder to fall asleep, and can also reduce the quality of sleep, which can make us feel sleepier the next day.

Looking at screens before bedtime has a stimulating effect on our minds, because of the light reflecting from the device, (often a blue coloured light). It can encourage our minds to stay alert, which can interrupt our natural body clocks and make it harder to fall asleep.

#### supporting yourself and where to get help

Good sleep habits take consistent practice. It can be tough when your sleep isn't great to get back on track, but there are things you can do to enjoy gaming and continue to get a good night's sleep, don't be disheartened if it takes a while it's worth keeping at it.



Turn off video games, screens and social media at least one hour before you go to bed. Set a bedtime for your device! Maybe have a bath, watch a movie, or read a book instead. Try a mindfulness exercise if you are having trouble winding down.



Lower the brightness on your phone and computer screens at night. Some phones have a night mode which is one way to do this.



Don't charge your devices in your room overnight. It can be tempting to keep playing when we should be asleep. Use an old fashioned alarm clock instead of your smart phone.



Try to have a regular amount of sleep each night. An extra hour, every now and then, is fine – but any more can confuse your body clock. If you need more sleep, go to bed a little earlier is better than sleeping in a bit later. In fact setting a regular wake up time and sticking to it is a good way to reset our body clocks.



Try not to nap through the day as this makes it hard to get your sleep wake cycle back into rhythm.



Get some daylight and exercise through the day, but don't exercise right before bed, it can keep you awake.



Leave sometime to try a relaxation, meditation or mindfulness exercise.



Try to stay away from caffeine, cola, energy drinks, tea and even chocolate for a few hours before you go to sleep. Maybe try herbal tea instead.



#### Where can I get help?

If you think gaming or your internet use is getting in the way of a good night's sleep you can talk to someone you trust like a parent, teacher, school counsellor, friend or family member. A general practitioner (GP) is another good place to start when seeking help and information about sleep. You can also contact eheadspace, your local headspace centre, or Kids Help Line if you would like to talk to somebody about your internet use or sleep.



The good news is that with some strategies and the right support, most people are able to enjoying the benefits that gaming and internet use can contribute to their lives, without it interrupting their sleep.



If you or someone you know is going through a tough time you can get help and support from [headspace.org.au](http://headspace.org.au), your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)



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headspace online resource group is created by the national government department of health





# **UNIFORM SHOP**



## **Trading Days and Hours**

Monday, Wednesday and Friday  
8.10 am until 9.00 am

## **Payment Options**

Cash - Eftpos - Visa - Mastercard - Qkr

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# **UNIFORM SHOP**

# **INFORMATION**

The Uniform Shop is run by the P&C Association and therefore separate from the school. All payments in relation to uniforms, book packs and any uniform related matters are required to be made directly to the Uniform Shop, NOT the school office.

Payments using the Parent Online Payment (POP) service are NOT permitted and CANNOT be used for Uniform Shop purchases at any time.

If you wish to pay on-line please register and use the QKR application.  
Students will still need to collect items from the Uniform Shop.

The Uniform Shop is conveniently open so that Students can try on and purchase their requirements themselves. It is important to note that our uniform items are not standard sizes and need to be tried on.

Please note that phone orders are not accepted.

The Uniform Shop is open Monday, Wednesday and Friday mornings from 8.10 until 9.00 am. The accepted forms of payment are cash and eftpos transactions and on-line via the QKR app.

If your child is running late and needs items relative to the Uniform Shop please advise them to still come to the shop.  
There are measures in place to deal with this situation and they will not be marked as late or absent.

Thank You

# MODEL FARMS HIGH SCHOOL

## UNIFORM PRICE LIST

### TRADING DAYS and HOURS

Monday, Wednesday and Friday  
8.10 am until 9.00 am

### PAYMENT OPTIONS

Cash - Eftpos - Visa - Mastercard

| <b>ITEM</b>                                | <b>PRICE</b> |
|--------------------------------------------|--------------|
| <b>BOYS</b>                                |              |
| Shirt - Blue (Junior) / White (Senior)     | \$35         |
| Shorts - Grey                              | \$35         |
| Long Trousers - Grey                       | \$45         |
|                                            |              |
| <b>GIRLS</b>                               |              |
| Blouse - Blue (Junior - Old Style) Limited | \$25         |
| Blouse - Blue (Junior - New Style)         | \$40         |
| Blouse - White (Senior)                    | \$40         |
| Skirt - Check (Junior) / Grey (Senior)     | \$65         |
| Long Pants                                 | \$40         |
|                                            |              |
| <b>JUMPERS</b>                             |              |
| Fleecy                                     | \$45         |
| Wool - (Australian Wool)                   | \$85         |
|                                            |              |
| <b>SPORT</b>                               |              |
| Top                                        | \$40         |
| Shorts                                     | \$35         |
|                                            |              |
| <b>TRACKSUIT</b> (By Order Only)           |              |
| Jacket Only                                | \$75         |
| Pants Only                                 | \$50         |
| Complete Set                               | \$120        |
|                                            |              |
| <b>MISCELLANEOUS</b>                       |              |
| Apron                                      | \$15         |
| Calculator                                 | \$35         |
| Tie - Junior / Senior                      | \$20         |
| Blazer                                     | \$200        |
| Exercise Books - ie. maths, music, normal  | \$various    |

2018/2019 - Prices subject to change without notice – includes 10% GST

**SPORT BUS PASSES CAN NOT BE PURCHASED ON WEDNESDAYS**

Please indicate preferred pass:

- A 5 trip pass for \$37.50      No. of passes      \_\_\_\_\_      Total \$ \_\_\_\_\_
- A 10 trip pass for \$75.00      No. of passes      \_\_\_\_\_      Total \$ \_\_\_\_\_

Name of Student/s \_\_\_\_\_ Year/s \_\_\_\_\_

Payment by:    CASH    ☐                      CHEQUE    ☐

**CHANGE OF CONTACT INFORMATION  
MODEL FARMS HIGH SCHOOL**

**Name of Student:** \_\_\_\_\_ **Year** \_\_\_\_\_

**New Address:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Correspondence:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**New Home Phone No.** \_\_\_\_\_

**Mother Mobile:** \_\_\_\_\_

**Mother Work:** \_\_\_\_\_

**Father Mobile:** \_\_\_\_\_

**Father Work** \_\_\_\_\_

**Emergency Contact if changed:** \_\_\_\_\_

**Phone No.** \_\_\_\_\_

**Any change in Medical Condition e.g. Allergy, Asthma etc.**

**Details** \_\_\_\_\_

**Bus Pass:** YES / NO



## School Travel Advice

For trip planning visit [www.transportnsw.info](http://www.transportnsw.info) or call 131 500.

For current Hillsbus school and route services visit [www.cdcbus.com.au](http://www.cdcbus.com.au) or call 02 8889 7000.

Conditions of Carriage: Students must have a valid Opal card, term pass or pay a cash fare. Students must tap on and off every trip. Further details about the SSTs are available at: [www.transportnsw.info](http://www.transportnsw.info)

Key: L> Bus turns left; R> Bus turns right

### MODEL FARMS HS

Bell Times

Morning: 08:30

Afternoon: 15:00

Effective 26/05/2019

| MORNING BUSES |       |                                                                                                                                                                                                                                                                                                            |
|---------------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Route         | Time  | Bus Route                                                                                                                                                                                                                                                                                                  |
| 630           | 07:29 | EX SEVEN HILLS INTERCHANGE STAND A via Rte 630 to Gooden Dr after Langdon Rd                                                                                                                                                                                                                               |
| 2071          | 07:28 | EX JOHNSON AVE AFTER NORTHCOTT RD via Johnson, R>Botany, L>Solander, L>Joseph Banks, L>Whitby, R>Capricorn, R>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill, R>James Cook, L>Whitby to END, L>Joseph Banks, L>Seven Hills Rd, R>Baulkham Hills RD, L>Gooden to Gooden Dr before Langdon Rd |
| 2007          | 07:34 | EX CNR CHURCHILL DR & WINDSOR RD via Churchill, Caroline Chisholm, L>Voltaire, R>Lanham, L>Oakes, L>Barnetts, L>Reilleys, R>Lanham, Willmott, R>Model Farms Rd, L>Asquith, L>Junction, R>Caroline Chisholm, R>Langdon, R>Gooden to school                                                                  |
| 606           | 07:35 | EX PARRAMATTA via Route 606 to Winston Hills Shops (08:12).                                                                                                                                                                                                                                                |
| 2032          | 07:35 | EX FREEMAN ST AFTER LUCAS RD via Freeman, L>Northcott, L>Turner, R>Garden, R>Vardys, L>Capricorn, L>Parkinson, L>Sutherland, R>Keppel, L>Isaac Smith, R>Ravenhill, R>James Cook, L>Whitby, R>Joseph Banks, L>Seven Hills Rd, R>Old Windsor, L>Gibbon, L>Langdon, R>Gooden to Gooden Dr after Langdon Rd    |
| 8024          | 07:43 | EX SEVEN HILLS RD OPP MONARO via Seven Hills, L>Solander, L>Botany, L>Johnson, R>Prospect to Seven Hills Interchange Stand A (due 07:53) then via Terminus, L>Prospect, Abbott to school                                                                                                                   |
| T60           | 07:45 | EX CASTLE HILL INTERCHANGE STAND A via Route T60 to opposite school                                                                                                                                                                                                                                        |
| 613X          | 07:46 | EX EDGEWATER DR AFTER RAVENSWOOD RISE via Edgewater Dr, L>Norwest Blvd, R>Reston Grange, R>Bella Vista Dr, L>Bella Vista Dr, R>Saxonvale Rd, R>Crestwood Dr, R>Chapel Ln, R>Seven Hills Rd, L>M2 to M2 Busway Gooden Reserve                                                                               |
| 8018          | 07:55 | EX GILROY COLLEGE via Marie, L>Excelsior, R>Roxborough Pk, L>Windsor Rd, R>Coronation, L>Jasper, L>Seven Hills Rd, R>Arthur, R>Watkins, R>Cropley, L>Myallie, R>Tamboura, L>Gooden, R>Larken, L>Redmond to school                                                                                          |
| 2003          | 07:59 | EX MACKILLOP DR & BARINA DOWNS RD via Barina Downs Rd, L>Reston, R>Bella Vista Dr, R>Saxonvale, R>Crestwood Dr, L>Chapel Ln, R>St Michaels, Lukes, Buckingham, R>Palace, L>Jasper, R>Seven Hills Rd, L>Baulkham Hills Rd, L>Gooden, R>Larken, L>Redmond Av to school                                       |
| 611           | 08:02 | EX SEVEN HILLS INTERCHANGE STAND A via Rte 611 to M2 Busway Gooden Reserve                                                                                                                                                                                                                                 |
| 8010          | 08:03 | EX BAULKHAM HILLS HS via EXPRESS to Gooden Dr before Langdon Rd                                                                                                                                                                                                                                            |



# SCHOOL ZONE OFFENCES

## WHAT ARE YOU RISKING?\*

### FACT

Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need YOU to take extra care when driving and parking around school zones.



### No Parking

No waiting. You have 2 minutes to drop-off or pick-up. You must stay within 3 metres of your vehicle.

PENALTIES FROM  
**\$183**  
+ 2 DEMERIT POINTS



### No Stopping

You must not stop on a length of road with a No Stopping sign. The first 10m from an intersection is a no stopping zone. Yellow kerb lines are also No Stopping zones.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS



### Bus Zone

Only a public bus can stop in a bus zone.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS



### Mobile Phones

Extra fines apply for using mobile phones in a school zone.

PENALTIES FROM  
**\$439**  
+ 4 DEMERIT POINTS

May be subject to Double Demerits

### Speeding Offences



40km/h is the limit. Children are vulnerable, so slow down in school zones.

PENALTIES FROM  
**\$192**  
+ 2 DEMERIT POINTS

May be subject to Double Demerits

### Pedestrian Crossings

1. In a queue of traffic, no part of your vehicle can stop on a pedestrian crossing.
2. Do not let your child in or out of a vehicle at a pedestrian crossing as this is a No Stopping zone.

PENALTIES FROM  
**\$439**  
+ 2 DEMERIT POINTS

### Driveways & Footpaths

Do not park on or across a driveway or footpath.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS

### U turns

Illegal on or near a pedestrian crossing and across double white lines.

PENALTIES FROM  
**\$330**  
+ 3 DEMERIT POINTS

### Double Parking

Double parking is illegal and is very dangerous in a school zone.

PENALTIES FROM  
**\$330**  
+ 2 DEMERIT POINTS

PENRITH CITY COUNCIL

Bladown City Council

\*Fines current as of March 2018. Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.

# DISCO bingo





## Model Farms High School Fundraising Event

**Date:- Saturday 3rd August 2019**  
**Time: 7pm-11pm**

**Dress: 80's (Optional)**  
**Tickets: \$20 - pay on night**  
**Enquiries/bookings individuals or tables:**  
**mfhspandc@gmail.com**  
**Bring cash for other games and raffles**  
**EFTPOS avail. for auction items**  
**BYO food and drinks**  
**Coffee, tea and cake supplied.**

[www.discobingo.xyz](http://www.discobingo.xyz) Disco Bingo is music bingo. Instead of numbers we play songs you can sing and dance to.

**FOR 13-17 YEAR OLDS**  
 Clear and practical skills  
 to overcome anxiety  
 and mood problems

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Boost your teen's  
 confidence and  
 resiliency!

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Cognitive Behaviour  
 Therapy Program



the children's  
psychology clinic

Presented by our  
 experienced team of  
 Child Psychologists

We will register your interest:  
 we need your indication in  
 order to run the group!

Location: Crows Nest and/or  
 North Parramatta

P: 9630 0559



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A PROGRAM CREATED AND OWNED BY  
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 techniques that help teens think differently,  
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Hills Musical  
THE LITTLE MERMAID

production of

# Disney THE LITTLE MERMAID

May 24, 25, 31 & June 1 - 7.30pm

May 25, June 1 - 1.30pm

Model Farms High School, Baulkham Hills

## Tickets at [hillsmtc.com](http://hillsmtc.com)

Adults \$37 / Conc \$32 / Child \$27 + booking fee

Ticket and show enquiries : 0420 608 110

Music by

ALAN

Lyrics by

HOWARD & GLENN

Music by

DOUG

MENKEN

ASHMAN

SLATER

WRIGHT

Based on Hans Christian Andersen story and the Disney film produced by Howard Ashman & John Musker and written & directed by John Musker and Ron Clements

Originally Produced by

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Licensed exclusively by Music Theatre International (Australasia).

All performance materials supplied by Hal Leonard Australia.